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Ex 89
7-1-15.

Form No. 777.

COOPERATIVE EXTENSION WORK IN AGRICULTURE
AND HOME ECONOMICS.

U. S. DEPARTMENT OF AGRICULTURE
AND STATE AGRICULTURAL COLLEGES
COOPERATING.

STATES RELATIONS SERVICE,
OFFICE OF EXTENSION WORK, SOUTH.
Farmers' Cooperative Demonstration Work,
Washington, D. C.

USE OF POULTRY CLUB PRODUCTS.

Since many women in the Home Demonstration Clubs and girls in the Poultry Clubs are working with poultry, we have a demand for information on the use of Poultry products to be used in demonstrations. The following material is for use by those girls and specially women who are carrying on poultry demonstrations in their Home Demonstration Clubs. It is important that the agents in their public demonstrations stress the use of only a few of these recipes at one time,

Every southern farm should have a supply of poultry products throughout the year. They can be produced with but little care and form a most valuable addition to the diet. These food products, when prepared properly and attractively, are palatable and very nutritious. The use of them will also serve to lower the cost of living.

Throughout the instructions we would stress the fact that eggs should be cooked at a low temperature if the greatest enjoyment and value of food is to be obtained from eating them. Cooking eggs at a low temperature will keep them from becoming tough, which state renders them less digestible. All measurements are level and should be carefully made. Abbreviations used are: tbsp.= tablespoonful; tsp.= teaspoonful; c.= cup.

Note especially the different uses of tomato sauce, which is one of the concentrated mixtures that we are stressing in the canning work this year.

SIMPLE WAYS OF COOKING EGGS.

Soft cooked eggs. Heat the water in the sauce pan to the boiling point. Remove from fire and place eggs in the water with a spoon. Cover the pan and allow to stand six to eight minutes, keeping the water at the same temperature. The water in the sauce pan should be deep enough to entirely envelope the eggs. Remove the eggs from the water and serve immediately.

Medium hard cooked eggs. Use the same method as for soft cooked eggs and allow them to stand fifteen to twenty minutes.

Hard cooked eggs. Place eggs in a sauce pan of cold water and allow the water to slowly come to the boiling point. When it begins to boil just slightly, remove from fire and cover the pan. Allow to stand for thirty minutes, keeping the temperature even. Chill in cold water. Remove shell and serve.

Poached eggs on toast. Break each egg into a saucer. Combine an equal quantity of milk with water and let this reach the boiling point. Carefully slip egg into the boiling liquid, cover, and remove from the fire. Cook until the white is firm, and baste the yolk to form a film over it. Cook until the white is firm, and baste the yolk to form a film over it. Take up carefully with a skimmer and serve on slices of toasted bread. Season to taste.

Steamed eggs. Butter slightly the bottom of custard cup and slip into it an egg. Place the cup in a pan of gently boiling water (water should come half way up side of the cup); cover and steam until white of the egg is done. These may be served on crisp toast, or not, as desired.

Poached eggs and tomato sauce. Allowing $\frac{1}{2}$ tbsp. of salt to one quart of water, have a shallow pan two-thirds full of boiling water. Break each egg separately into a saucer and slip into the water. Cook as for poached eggs and serve with the following sauce.

2 c. canned tomatoes	2 tbsp. butter
1 slice onion	2 tbsp. flour
$\frac{1}{2}$ tsp. salt	$\frac{1}{8}$ tsp. pepper

Cook tomato and onion 20 minutes, and rub through a strainer. Melt the butter, add dry ingredients and then strain tomatoes. Tomatoes will retain their red color if the flour is browned before using. Pour this sauce over the eggs and serve.

BAKED EGG DISHES.

Shirred eggs. Cover the bottom and sides of a small baking dish (preferably an earthen dish) with fine bread or cracker crumbs. Break an egg into a saucer and carefully slip it into the baking dish. Cover with seasoned buttered crumbs, and bake in a moderately hot oven until the white is firm and the crumbs are golden brown.

Egg in nest. Carefully separate white from yolk of the egg. Beat the white until stiff and pile lightly on a nicely trimmed slice of toast. With a spoon make a depression in the top of the white and slip into it the egg yolk. Place on a baking dish in a moderate oven and when the white has become a golden brown, remove and serve. It may be seasoned to taste.

Egg baked in tomato. Cut a slice from the stem end of a small tomato and scoop out part of the pulp. Slip in an egg and sprinkle with salt and pepper, adding a few small bits of butter. Cover the opening with buttered crumbs and bake until crumbs are golden brown in a moderate oven.

EGGS COMBINED WITH SAUCES.

Eggs Goldenrod.

2 tbsp. butter	$1\frac{1}{2}$ tbsp. flour
1 c. milk	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ tsp. white pepper	6 slices of toast.
1 tsp. chopped parsley	4 hard cooked eggs.

Melt the butter and add the dry ingredients and stir until smooth. Add the heated milk slowly and stir constantly and allow to come to the boiling point. Separate the yolks from the whites of the hard cooked eggs. Chop the whites finely and add them to the white sauce. Cut the slices of toast in half and after arranging them on the platter, pour the sauce over them. Put the yolks through a potato ricer, or press them through a strainer, sprinkling them over the top. Garnish with parsley and serve.

Delicate eggs.

$1\frac{1}{2}$ tbsp. butter	6 eggs	$\frac{1}{8}$ tsp. pepper
	$\frac{1}{2}$ tsp. salt	$\frac{2}{3}$ c. milk

Break eggs into a bowl and heat only enough to break the yolk. Add the seasoning and milk. Pour the mixture into the upper part of a double boiler in which the butter has been melted. Continually stir and scrape the mixture from the bottom of the pan and allow it to cook until of a creamy consistency.

Dutched eggs.

6 hard cooked eggs	1 c. white sauce
$\frac{1}{2}$ c. grated cheese	1 sweet red pepper cut into strips

Cut the eggs into quarters and place about one-fourth of the amount in a buttered baking dish. Cover this layer with sauce, and sprinkle a layer of the cheese over this; then a few pieces of the pepper. Repeat this until the dish is full. Sprinkle bread crumbs on top, dot with butter, and brown in a hot oven.

Escalloped eggs.

2 c. cooked macaroni	1 c. milk
6 hard cooked eggs	3 tbsp. grated cheese
2 c. bread crumbs	$\frac{1}{2}$ tsp. salt
2 tbsp. butter	$\frac{1}{8}$ tsp. pepper
2 tbsp. flour	1 c. tomato sauce

Make a sauce of the flour, butter, salt and pepper, and remove from the fire to add grated cheese. Stir until melted. Combine carefully the cooked macaroni, sliced egg and salt. Cover bottom of baking dish with buttered crumbs and add the mixture. Add rest of crumbs, brown in hot oven, and serve with tomato sauce.

Stuffed eggs.

$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ tsp. paprika
$\frac{1}{8}$ tsp. pepper	1 tsp. vinegar
$\frac{1}{4}$ tsp. mustard	1 tsp. olive oil
6 hard cooked eggs	butter

Cut the eggs in half, length-wise. Remove the yolks and put them into a bowl. Mash thoroughly and add the seasoning, vinegar and oil. Add enough butter to make mixture the right consistency to shape. Make into balls the size of the original yolks and refill the whites. Arrange on a serving dish and if desired to serve hot, pour around them one cup of white sauce, cover, and reheat.

Creamed eggs.

4 hard cooked eggs	2 tbsp. butter
1 c. milk	2 tbsp. flour
$\frac{1}{4}$ tsp. salt	$\frac{1}{8}$ tsp. pepper

Separate the whites from the yolks of the hard cooked eggs. Make a white sauce and add to it the yolks which have been pressed through a strainer. The whites may be cut into small pieces and also added to the sauce. Creamed eggs are particularly nice served on toast.

OMELETS.

Plain omelet.

$\frac{1}{8}$ tsp. salt	3 eggs	$\frac{1}{8}$ tsp. white pepper
2 tsp. butter	$\frac{1}{8}$ tsp. hot water	

Beat the yolks of the eggs until light and creamy. Add salt and pepper and milk. Beat the whites until stiff and fold them into the yolks. Heat a small frying pan and put in enough butter to just cover the bottom of the pan, turn in the omelet and spread it evenly on the pan. When the omelet is set, carefully fold it and turn out onto a hot platter. Serve immediately.

French omelet.

4½ tbsp. milk	4 eggs	1/16 tsp. pepper
2 tbsp. butter	½ tsp. salt.	

Beat the eggs slightly, just enough to mix the yolks and whites, and add the milk and seasoning. Put the butter in a small hot frying pan and when melted turn in the mixture. While it is cooking, mix slightly with a fork until the whole is of a creamy consistency. Place on a hotter part of the fire and allow to brown quickly underneath. Fold and turn on a hot platter.

Spanish omelet. Mix and cook a French omelet. Serve with tomato sauce in the center and around the omelet:

Tomato sauce:

2 tbsp. butter	cayenne	½ tsp. salt
1½ tbsp. onion	½ tbsp. capers	
1 c. tomatoes	3 tbsp. mushrooms	

Brown onion (finely chopped) in the butter. Cook the tomatoes with the onion for 15 minutes. Add the capers, mushrooms and seasoning.

Egg scuffle.

2 tbsp. butter	5 eggs	cayenne
1½ tbsp. flour	½ c. cream	
1½ c. milk	1 tsp. salt.	

Cream the butter and add the flour and gradually the scalded milk and cream. Cook in double boiler five minutes and add the yolks of eggs which have been beaten until lemon colored. Add seasonings and fold in stiffly beaten whites. Turn into a buttered dish and set in a pan of hot water and bake in slow oven until firm.

CUSTARDS.Soft custard.

1 c. milk	2 eggs	1/16 tsp. salt
vanilla	2 tbsp. sugar	

Heat the milk in a double boiler. In a bowl mix the egg with the sugar and salt. Add hot milk slowly, stirring, and return mixture to the double boiler. Cook until custard will adhere to a silver spoon or will coat it. Strain and serve. If the custard curdles, the curd may be broken by setting the bowl of custard into a pan of cold water and beating it thoroughly.

Steamed or baked custard.

1 pt. milk	1/8 tsp. nutmeg
2 eggs	¼ c. sugar
	1/8 tsp. salt

Mix eggs as for soft custard. Strain into custard cups and steam until firm over hot water which is boiling gently.

Another way to cook this custard is as follows: Strain into custard cups and place in a pan of warm water. Bake in a moderate oven until the custard is firm. To test a steamed or baked custard, slip a knife blade to the bottom of the cup in the center of the custard and draw out without turning. If the knife is not coated with a milky substance the custard is firm all the way through and has cooked enough. Grate the nutmeg over the surface of the custard and cool before serving.

Floating Island.

$2\frac{1}{2}$ c. milk
 $\frac{1}{8}$ tsp. salt

5 eggs (yolks) $\frac{1}{2}$ tsp. vanilla.
 $\frac{1}{2}$ c. sugar

Prepare as a soft custard. The whites of the eggs should be beaten light and add to them 6 tsp. of powdered sugar for the Meringue. When the custard is cool it may be poured into sauce dishes and the Meringue dropped in large spoonfuls on the custard.

Custard pudding.

$\frac{1}{2}$ c. pearl tapioca or rice $\frac{1}{2}$ c. sugar $\frac{1}{8}$ tsp. salt.
 2 eggs (yolks) 2 c. milk
 $\frac{1}{2}$ tsp. vanilla 2 eggs (whites)

Soak the tapioca in enough hot water to cover it until it absorbs the water. Add the milk and cook in a double boiler until the tapioca is soft and transparent. Combine the yolks of the eggs with sugar and salt and add to the mixture in the double boiler. Cook ten minutes. Add the stiffly beaten whites and flavoring and when cold, serve. Rice must be cooked in boiling water until soft.

Apple Whip.

2 c. apple sauce 4 eggs (whites)
 cream (for serving)

Cook until soft 6 or 8 medium size apples, in just enough water to keep them from burning. Add sugar to sufficiently sweeten and $\frac{1}{8}$ tsp. grated nutmeg. Cool. Press the apple sauce through a strainer and add to it the stiffly beaten whites of the eggs. Beat until light and foamy. Pile onto saucers and serve with fresh cream or a custard sauce made of the egg yolks. This sauce may be prepared by same method as for soft custard, omitting the whites of eggs.

EGG SALAD AND SANDWICHES.Stuffed egg salad.

Crisp lettuce

6 stuffed eggs
 Mayonnaise

Follow recipe for stuffed eggs. Arrange crisp fresh lettuce on salad dishes and 2 half eggs on each dish. Add Mayonnaise dressing, garnish with strips of sweet red pepper, and serve.

Egg sandwiches.

6 hard cooked eggs.

Mayonnaise or salad dressing.

Remove the yolks and mash them thoroughly in a bowl. Add mustard, salt, and pepper to taste and combine with enough Mayonnaise to make of proper consistency to spread. Slice the whites very thin. Have bread cut thin and spread one slice with yolk mixture; add a few slices of the whites and place on other slice of bread which has been thinly buttered.

Sandwiches may be kept fresh by folding them in a damp napkin over which has been placed a dry napkin. Wrapping in paraffin paper is also an effective method.

Metropolitan sandwiches.

$\frac{1}{2}$ lb. cheese
 1 tsp. prepared mustard
 3 tbsps. melted butter

3 hard cooked eggs.
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
 3 tbsps. cider vinegar.

Mash yolks, add butter, salt pepper and mustard, and mix smooth. Grate cheese or put through a food chopper; chop whites of eggs. Mix all thoroughly, stir in vinegar, and spread between three or four thin slices of buttered bread; press together, and cut in long, narrow strips.

EGG SAUCES AND DRESSINGS.

Hollandaise sauce.

$\frac{1}{2}$ c. butter	$\frac{1}{2}$ tsp. salt
2 eggs (yolks)	$\frac{1}{2}$ c. boiling water
$\frac{1}{2}$ tbsp. lemon juice	$\frac{1}{16}$ tsp. cayenne

Cream the butter, add the yolks one at a time and beat well; then add the lemon juice, salt and pepper. A short time before serving, add the boiling water. Cook over boiling water and stir until the mixture is of the consistency of custard, serve immediately.

This is a delicious dressing to serve with asparagus tips or with fish.

Egg sauce for fish.

$\frac{1}{2}$ c. butter	$1\frac{1}{2}$ c. boiling water
2 tbsp. flour	$\frac{1}{3}$ tsp. salt.
3 hard cooked eggs (cut in $\frac{1}{2}$ slices)	

Melt the butter, add flour and seasoning and gradually add the boiling water. Add eggs sliced and serve.

Mayonnaise dressing.

$\frac{1}{2}$ tsp. mustard	yolks of 2 eggs
$\frac{1}{4}$ tsp. salt	1 c. olive oil or wesson oil
cayenne	2 tbsp. vinegar or lemon juice

Mix the two yolks and add mustard, salt and cayenne. Add a few drops of the oil and stir steadily. When half the oil has been used, or when the dressing becomes very thick, alternate with a few drops of vinegar. Continue this process until both are used. If the dressing curdles, start the process over again beginning with a fresh yolk in a clean bowl, adding a little of the curdled dressing at a time and stirring constantly.

Cooked salad dressing.

$\frac{1}{4}$ tbsp. mustard	2 eggs
$\frac{1}{4}$ tbsp. salt	$\frac{3}{4}$ c. sweet milk
2 tbsp. flour	$\frac{1}{2}$ c. vinegar
1 tbsp. sugar	2 tbsp. butter
	$\frac{1}{8}$ tsp. Cayenne pepper

Rub together the dry ingredients and add egg yolks, slightly beaten. Add melted butter, cold milk, and hot vinegar in the order named, stirring until perfectly smooth. Cook mixture in a double boiler until it thickens. Set pan into bowl of cold water and beat well until cool and smooth.

Golden Dressing.

$\frac{1}{4}$ c. lemon juice	6 tbsp. sugar
$\frac{1}{4}$ c. light colored fruit juice	2 eggs (yolks)

Beat the eggs, add the fruit juice, stir gradually into the lemon juice and add the sugar. Cook in a double boiler, stir until mixture coats a spoon. Cool quickly by setting pan into a vessel of cold water and beating the mixture. Serve cold on fruit.

RECIPES FOR USE OF CHICKEN.

Dressing and cleaning. Remove feathers; remove hairs and down by holding bird over a flame, constantly changing the position until all parts of the surface have been exposed to the flame. Cut off the head and draw out the pin feathers, using a small pointed knife. Cut through the skin around the leg about an inch and a half below the leg joint, care being taken not to cut the tendons. Snap the bone and take the foot in your right hand, holding the bird firmly in the left hand and pull off the foot and with it the tendons. In old birds the tendons must be drawn separately, which is best accomplished by the use of a steel skewer. Make an incision through the skin below the breast bone just large enough for the hand and remove the entrail, gizzard, heart and liver. The last three named constitute what is known as the giblets. The gall bladder lying under the surface of the liver is removed with the liver, care being taken not to break it. Inclosed by the ribs and on either side of the back bone are the lungs, which are bright red in color and spongy. These must be entirely removed. Kidneys, lying in the hollow near the end of the back bone, must also be removed. The windpipe may easily be removed by putting two fingers under the skin close to the neck. The crop also, which will be found adhering to the skin close to the breast, must be removed. Draw down the neck skin and cut off the neck close to the body, leaving the skin long enough to fasten under the back, remove the oil bag and wash the bird, allowing cold water to run through it but not allowing the bird to soak in the water. Wipe inside and out and examine carefully to see that everything has been removed.

Trussing. Draw the thighs close to the body and hold by inserting a steel skewer under the middle joint, running it through the body and coming out under the middle joint on the other side. Cut a piece about an inch wide from the neck skin, and with it, fasten the legs together at the ends; or cross the drum sticks, tie securely with a long string and fasten to tail. Place the wings close to the body and hold them by inserting a second skewer through the wing, body and wing on opposite side. Draw the neck skin under the back and fasten with a small wooden skewer, turn the bird on his breast, cross the string attached to its tail and draw it around each end of the lower skewer; again cross the string and draw around each end of upper skewer; fasten the string in a knot and cut off the ends.

Chicken broth.

1½ lbs. meat and bone 1 qt. cold water salt.

Draw, singe, clean thoroughly and disjoint the fowl. Remove the meat from bone. Grind the meat and add the bones. Put all in a sauce pan, add the water and stand in a cold place and cook over moderate heat in a double boiler for six or eight hours, or cook in a fireless cooker. Strain and season. When cold, remove the fat, reheat and serve.

Stewed chicken. Dress and cut up medium size chicken. Put into a kettle and cover with water. Add salt and simmer slowly several hours, until the meat is very tender. Lift out the chicken and make a thickening and add to the stock for gravy. Season to taste.

Dumplings may be cooked in the stock and served with the gravy.
Chicken prepared in this way may be cooked in a fireless cooker.

Broiled chicken. Singe and wipe, and with a sharp knife cut through the back bone the entire length of the bird. Lay open the bird and remove the con-

tents inside. Remove the rib bones and breast bone and cut the tendons at the joints. Sprinkle with salt and pepper and place in a well greased broiler, broil about twenty minutes over a clear fire, turning frequently so that all parts may be equally browned. Remove to a hot platter and spread with soft butter.

BAKED CHICKEN DISHES.

Baked chicken. Dress, clean stuff and truss the chicken. Place on its back in a baking pan, rub the entire surface with salt and spread, with two tablespoonfuls of butter, the breast and legs. Dredge the bottom of the pan with flour, place in a hot oven and when the flour is well browned, reduce the heat and then baste. Continue basting every ten minutes until the chicken is cooked. For basting, use one tablespoonful of butter melted in two-thirds of a cup of boiling water and after this has gone, use the fat in the pan. During the cooking turn the chicken frequently that it may brown evenly. If a glazed surface is preferred do not dredge during the baking, but if a crusted surface is desired, dredge with flour during the baking. When the breast meat is tender the bird is sufficiently cooked. A four pound chicken requires about $1\frac{1}{2}$ hours. If preferred this method of baking chicken can be done in fireless cooker provided heated discs or soap stones are used to furnish sufficient heat to brown it.

Escalloped chicken. Slightly butter an earthen baking dish, put in it a layer of cold cooked chicken which has been sliced or cut in cubes, then a layer of rice or boiled macaroni, alternate these layers until the dish is sufficiently filled and pour over it tomato sauce. Cover with buttered bread crumbs and bake in a hot oven until brown.

Chicken souffle.

$1\frac{1}{2}$ c. scalded milk	2 c. cold cooked chicken
$1\frac{1}{3}$ c. butter	2 eggs (yolks) well beaten
3 tbsp. flour	$\frac{1}{2}$ tbsp. parsley, chopped
$\frac{1}{2}$ c. soft bread crumbs	2 eggs (whites) beaten stiff
	$1\frac{1}{8}$ tsp. pepper.

Make a sauce with butter, flour, salt, and pepper and milk. Add the bread crumbs and let stand until thoroughly blended. Add chicken, yolks of eggs and parsley, and fold in the stiffly beaten whites. Turn into a buttered baking dish and bake thirty minutes in a slow oven. Serve immediately.

CHICKEN COMBINED WITH SAUCES.

Creamed chicken on toast.

2 c. of cold cooked chicken	1 c. milk
2 tbsp. butter	$\frac{1}{4}$ tsp. salt
3 tbsp. flour	$1\frac{1}{8}$ tsp. celery salt
	6 slices of toast

Make a white sauce and heat the chicken in the sauce. Add the celery salt and pour the chicken over the toast, and serve it.

Chicken A La King.

1 tbsp. chicken fat.	1 c. cold boiled fowl, cut
1 tbsp. flour	in strips of cubes.
$\frac{1}{2}$ c. chicken stock	$1\frac{1}{3}$ salted mushrooms

$\frac{1}{2}$ c. cream
 $\frac{1}{2}$ c. milk
 2 tbsp. butter

$\frac{1}{3}$ c. canned pimientos
 2 eggs (yolks)
 $\frac{1}{2}$ tsp. salt

Melt the fat, add the flour and stir until smooth. Add gradually the stock, milk and cream. Bring to boiling point, add salt, butter, flour, mushrooms and pimientos. Let it come to boiling point, add egg yolks slightly beaten. Serve on toast.

S A L A D.

Chicken salad.

1 c. cold cooked chicken 1 c. celery Mayonnaise dressing.

Cut chicken into half inch cubes. Cut celery into small pieces and combine with the chicken. Add enough mayonnaise dressing to make it possible to mold the salad. Serve on crisp lettuce leaves and garnish with slices of hard cooked eggs.

CHICKEN COOKED IN THE FIRELESS COOKER.

Creole Chicken.

1 medium sized chicken 1 bay leaf
 6 tomatoes or 1 #2 can 1 tbsp. parsley chopped
 $\frac{1}{4}$ lb. ham, or 2 or 3 slices 2 tbsp. butter or bacon drippings
 of bacon, chopped fine. 3 sweet green peppers, cut in cubes.

Cook chicken as for stew; sear by dropping into one pint of boiling water, and then let simmer gently for $\frac{1}{2}$ hour. Simmer tomatoes for 15 minutes with the bay leaf, strain, and pour over the onions. Add minced ham and parsley and cook for 15 minutes longer. To this mixture add the chopped peppers and chicken stock and bring to a boil. Place the chicken in cooker vessel, pour over it this mixture of vegetables and let it boil five minutes. Put at once into the fireless cooker. With hot soap stone, let the chicken stay in the cooker for two hours; without hot soap stone, for three hours.

Stuffed chicken. Dress medium size chicken and stuff with a bread stuffing. Sear it in the oven for 15 minutes. Place in fireless cooker and if hot soap stones are used. Cook two hours or until thoroughly tender.

Bread stuffing.

1 c. bread $\frac{1}{4}$ c. boiling water thyme
 $\frac{1}{3}$ c. butter salt and pepper sage
 Bay leaf

Add seasoning to the bread crumbs and pour boiling water, to which the butter has been added, over the bread crumbs.

Chicken Spaghetti. Stew the chicken in part of the fireless cooker and cook spaghetti in another container of the fireless cooker. The spaghetti should be boiled five minutes over the fire, well covered with boiling salt water and then put in the fireless cooker. When the chicken is tender, remove from the stock and make the gravy. Arrange spaghetti on platter and place the chicken on it and pour the gravy over it. Serve. This might also be served with tomato sauce.

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